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LYME REGIS UPLYME & CHARMOUTH
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Council refuses to support affordable housing proposal

TOWN councillors have refused to give their support to a proposal for affordable housing to be built in the Woodmead Halls car park in Lyme Regis.

The idea of building affordable housing in the car park was explored several years ago but was eventually dropped after housing association Raglan decided it was not viable.

However, Lyme Regis Community Land Trust (CLT) – which has almost completed its first affordable housing development of 15 rental homes off Timber Hill – is keen to look at the proposal again and requested the backing of the town council, which owns the car park, before having a feasibility study carried out.

In a report presented to council, the CLT said it had identified a "small scrap of unused land" to the rear of the fire station and adjacent to the Woodmead Halls car park, which is owned by Dorset and Wiltshire Fire and Rescue Service and South Western Ambulance Service NHS Foundation Trust. Both organisations had already met with the CLT and were supportive in principal of the land being obtained by the CLT for the purpose of affordable housing.

However, CLT members explained that a better location for the houses would be on a section of the car park fronting Hill Road, in front

Francesca Evans
Editor | francesca@viewnews.co.uk

of Woodmead Halls, and suggested that parking spaces lost for the development could be replaced on the site to the rear of the fire station.

The report explained: "This would essentially require a swap of the two sites between the CLT and the town council. In other words, there would be minimal if any net loss of parking spaces to the town council, yet much-needed affordable homes for local people to rent would be provided.

"And, because they would be CLT homes, they would be protected from Right to Acquire in perpetuity and only for local people, over-riding the West Dorset allocation process, thus helping to protect the social viability of the local community."

The proposal said that about 10 units could be built on the site, mainly one and two bedroomed apartments or townhouses facing on to Hill Road, for single people or couples without children.

Councillors considered the proposal at a meeting just before Christmas, but refused to offer their support amid concerns that the new houses currently nearing completion off Timber Hill would not be allocated to local people.

Houses on the site – to be known as Garmans Field – are about to be allocated *(see page 3 for further details)* and members of the CLT have confirmed they will only go to those with a Lyme Regis connection.

Speaking at the beginning of the meeting, CLT board member Lorna Jenkin said there was a section of the local population that had been "disadvantaged and ignored for the last 20 years by the lack of suitable and affordable homes", and these could be the target tenants of the Woodmead Halls car park scheme.

Fellow CLT member Robert McLaughlin said that Lyme Regis was in danger of a "vital element" of the community being eroded, and it needed local people to stay living in the town "to keep it viable into the future".

He added: "When a CLT is involved in a housing scheme, it can ensure that those homes will be allocated to local people and as there are very few opportunities for providing any housing in this town, any opportunities that do arise should be seriously considered."

'Not financially viable'

However, Councillor Cheryl Reynolds, expressed concerns over the allocations of the Garmans Field houses, commenting: "I don't want anything to do with this until we have seen what happens to the allocation of the CLT houses in January/February because if it doesn't go our way – I mean, I've done everything I can, I've got Oliver Letwin MP to write to West Dorset – but I still have this awful feeling that it's not going to go to local people and I don't want any of us to make another decision on anything for the CLT until we see the result of that."

Councilor Reynolds also suggested that there should be a town council representative on the CLT, "so we can see exactly what's going on".

Councillor Owen Lovell said that the proposal for housing at the Woodmead Halls car park was previously thrown out because Raglan said it was not financially viable and, although the property and financial market may have changed, he did not think it would make "a lot of difference".

He also questioned whether more affordable housing was needed in the town, pointing out that some houses on the new Woodberry Down development had just been allocated and there would be 15 more when Garmans Field was completed.

"I'd like to see what's happening up there before this goes any further," he added.

Councillor Derek Hallett said he was "entirely against" the project, and said that special permission could be gained for affordable developments to be built outside the town's development boundary, rather than "spoiling the Woodmead Halls, a lovely venue".

Councillors also expressed concerns about the possible loss of parking spaces at the Woodmead Halls, and the affect this would have on the council's finances.

Councillor Brian Larcombe commented: "Nobody is against the kind of help we could try and encourage for more affordable homes but at the same time, what we're grappling with here, is this the right place, is the allocation once built correct, and does it give housing to the people we want housed?"

Councillor Steve Miller added: "It's the wrong project, in the wrong place and can't be supported by this council."

Following the meeting, the CLT described the council's decision as a "setback", adding: "The CLT was disappointed by the council's decision not to allow us to give some mileage to our idea, by carrying out a feasibility study to establish

■ CONTINUED ON PAGE 3

Santa Claus drops into school fair

ST Michael's Primary School's Parents and Friends Association recently held their annual Christmas fair. The school hall was packed out for the festive occasion, with stalls selling local crafts and gifts, a raffle, tombolas, bar and plenty of activities to keep the youngsters entertained. The highlight of the event was a visit from Father Christmas himself, with excited children able to visit him in his grotto and take home a gift (pictured left).

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Look after your mental health this winter

WHILST many people look forward to the winter months and the festive break, long dark mornings and evenings coupled with the pressure of creating a perfect Christmas and cold weather can cause many people to feel down and experience what some call the 'Winter Blues' otherwise known as seasonal affective disorder (SAD).

It's thought the winter blues, or seasonal affective disorder (SAD), affects around two million people in the UK and more than 12 million people across northern Europe. It can affect people of any age, including children.

The winter can also have a negative effect on people with a more serious mental illness with research from mental health charity Mind showing that they are almost twice as likely to be spending Christmas alone than people without a mental health problem.

Staying mentally well is just as important as keeping physically well through the winter months; there is never a one-size-fits-all solution however there are a number of things you can do to help.

SPEAK TO SOMEONE ABOUT HOW YOU ARE FEELING

If you are concerned about your feelings speak to your local GP or if one of your family or friends has expressed feelings of loneliness or despair encourage them to do so.

Mind has an online community – elefriends.org.uk – which can help support people as it allows you to share your experiences and listen to others in a safe environment.

Crisis home treatment is available to anyone registered with a GP in Dorset who is experiencing mental health issues.

To access the service, speak to your GP or other health or social care professional. You can also contact the service directly and speak to a mental health professional 24 hours a day, seven days a week.

HEALTHY DIET, HEALTHY MIND

It is important to eat well during the winter. You may crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.

Wholegrain cereals, pulses, fruit and vegetables are more filling and, because the sugar in these foods is absorbed more slowly, don't cause mood swings.

PHYSICAL ACTIVITY PLAYS A PART

Being physically active can stimulate chemicals in the brain which can lighten your mood.

You don't need to run a marathon or spend hours in the local gym – just try to get active for 30 minutes a day, five days of the week.

Get outside, if you can, as the daylight can help stop the production of melatonin – the sleep hormone – which can be high in people with symptoms of depression.

STAY IN TOUCH

With bad weather and dark evenings, it is very easy to become isolated. Keep in touch with your neighbours, family and friends.

If you find it difficult to leave the house, make use of technology to stay in touch for example email, internet phones and instant messenger applications. If you know someone who may have experienced mental health issues in the past or currently has mental health needs, take the time to speak to them or visit.

Mind has information on coping with loneliness on their website at mind.org.uk/Christmas

STICK TO A ROUTINE

If you are going away or taking time out of your usual routine – for example taking time off work – and are taking regular medication make sure you don't run out and you continue to take them.

Remember some practices and pharmacies are closed or have reduced hours over the break so leave enough time when ordering repeat prescriptions. Not getting enough sleep can affect your physical and your mental health. Establish a bedtime routine to help you relax before you go to bed.

Make sure where you sleep is comfortable. If you are having trouble sleeping seek help to resolve stress and worries, consider causes such as medication, caffeine or physical problems.

Marianne Storey, Dorset Mind Chief Executive Officer, said: "If during the winter months and seasonal festivities you are experiencing difficulties with your mental health we are here to help.

"Our support groups are safe places to talk. And if you call our information telephone line we can direct you to many other sources of support. It is important that we all look after our mental health and wellbeing during the winter. There are some simple things that can make a big difference."

Please visit www.dorsetmind.uk for more information.

New report says police have 'good' approach to treating people fairly

DORSET Police and the Police & Crime Commissioner have welcomed a report which has concluded that the force's approach to treating people fairly is 'good'.

Following annual reviews of police effectiveness, efficiency, legitimacy and leadership (PEEL), Her Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) has graded Dorset Police as 'good' overall at keeping people safe and reducing crime.

Reports published on December 12th have been welcomed by the force and the Police and Crime Commissioner.

HMICFRS inspections into Dorset Police's legitimacy and leadership, took place in May 2017.

HMICFRS considers a police force to be legitimate if it has the consent of the public, and if those working in the force consistently behave in a way that is fair, ethical, and within the law.

As part of this year's inspection, aspects of leadership were also included in the HMICFRS's assessment of legitimacy as the two areas are considered to be closely linked.

This report follows on from HMICFRS's report on efficiency, published last month, where Dorset Police was also given an overall grading as 'good'.

Findings will make up the HMICFRS annual assessment of police forces in England and Wales.

Of the 43 police forces graded, 35 were assessed as 'good', one as 'outstanding' and six as 'require improvement.'

Deputy Chief Constable (DCC) James Vaughan said: "I am pleased that HMICFRS has assessed Dorset Police's legitimacy as 'good'.

"Policing by consent is vital to ensure that we continue to be effective and efficient in keeping our local communities safe.

"We are dedicated to providing a good service to the residents of Dorset, whilst consistently operating with fairness and respect, and we have a strong commitment to equality and diversity, both within our organisation and in the service we provide."

The report recognised Dorset Police's dedication to treating the people it serves with fairness and respect, with officers and staff well trained in how to communicate effectively and use their coercive powers fairly, and only when necessary.

Dorset Police was found to be good at ensuring its workforce behaves ethically and lawfully, with an established process for referring ethical problems.

The force was also noted for its efforts in making it easy for members of the public to make a complaint, and is good at keeping people updated on the progress of their complaint.

The report also acknowledged that Dorset Police is experiencing some resourcing pressures which can affect the wellbeing of some officers and staff.

New affordable homes ready for allocation

FIFTEEN new affordable homes at the Garmans Field development in Lyme Regis are now ready to be allocated.

The homes for rent, built at the Community Land Trust (CLT) site off Timber Hill, have been built and fitted out, and are ready for occupation with just some landscaping work, road surfacing and drainage to be completed.

The homes will now expected to be advertised on the Dorset Home Choice in early January and anyone interested in applying should regularly check the website in the New Year to make their bid.

The allocations will follow sometime in January and tenants are anticipated to move in mid to late February.

A spokesperson for the CLT said: "The application process goes through Dorset Home Choice, then to Yarlington Housing Group, who will make the final decision on allocations. The CLT will be able to verify that applicants satisfy its local connection criteria, through references supplied by the applicants.

"The homes are superb! The CLT is very happy with the way this development has gone, and everyone who has visited the site, in whatever capacity, have had nothing but praise for the quality of design and workmanship.

"The CLT is confident that the allocations process for these homes will be carried out professionally and proficiently by West Dorset Council and Yarlington Housing Group - the CLT Allocations Policy can be viewed on the CLT website, and shows clearly how anyone with the Lyme connection, who satisfies the other criteria, will have priority."

For more details see the CLT website www.lrclt.btck.co.uk or the Dorset Home Choice website www.dorsethomechoice.org/

The spokesperson added: "As we approach the season of goodwill, the CLT decorated a Christmas tree for Lyme Regis Christmas Tree Festival with a message of hope for housing.

"We are committed to achieve more affordable rented housing for the Lyme community in the future, and are confident that we can demonstrate the success of the Timber Hill scheme, and prove that involvement of a CLT is vital in ensuring the success of such projects in a situation such as Lyme's.

"A lot of determined effort by the CLT over the last four years went into ensuring this scheme was going to happen."

■ **PICTURED right, Lyme Regis Community Land Trust board members Keith Jenkin, Lorna Jenkin and Robert McLaughlin spread their 'hope for housing' message at the recent Christmas Tree Festival**

Trust 'disappointed' as council turns down housing proposal

■ **CONTINUED FROM FRONT PAGE**

its viability."

"Councillors seemed to be in some doubt as to whether or not our Garmans Field houses, now ready to be advertised on Dorset Home Choice, would go to local people. Several said that they wished to see what happened there before supporting another CLT scheme.

"Our locals-only allocations policy, which has been in place for two years, is similar to the one that has been successfully implemented in a number of villages in Dorset in recent times; in fact it is, if anything, a tighter version of that one.

"It is being implemented on our behalf by Yarlington Housing Group from the list provided to them by Dorset Home Choice website. Only those with a Lyme Regis connection will be permitted to bid for the homes and, as a final safeguard, the CLT itself will confirm or deny the applicant's local connection. The CLT is confident that 15 local tenants will move into their new homes in February.

"There appeared to be some concern expressed about the rent levels of the properties. They have been structured not to exceed the housing allowance in order that a job loss will not result in a house loss. Rents will be affordable; also, the levels of insulation are high indeed and will result in lower energy running costs than the norm.

"Opinion was expressed that the Woodmead car park project was perhaps unnecessary and that there was little need for more affordable homes. However, recent figures show that there are some 43 applicants in Lyme on the DorsetHomeChoice.org website needing one-bedroom accommodation. Our allocations at Garmans Field will reduce this number by five. That leaves another 38 singles or couples still seeking a one-bedroom home.

"Reference was made to the Bloor Homes development taking care of any demand - it must be emphasised yet again that any CLT homes will be for affordable rent by Lyme Regis people, not for sale, and that this would be in perpetuity.

"The old chestnut 'there is plenty of other land available' was trotted out again. Generally speaking, the person or persons making this claim go all coy when asked for the details of its whereabouts. We do wish they would tell us where it is and how to find it. The fact is that there are very few, if any, bits of land where affordable homes could be built.

"The plot of land at the Woodmead car park is one such piece, a rarity, that the CLT would like to investigate, with no obligations or expense to the town council."

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Councillor questioned over 'conflict of interest'

A LYME Regis town and district councillor has been accused of having a conflict of interests over a planning matter.

Councillor Cheryl Reynolds – who sits on both Lyme Regis Town Council and West Dorset District Council – was questioned by fellow town councillor Derek Hallett at a meeting just before Christmas.

Councillor Hallett raised concerns that Councillor Reynolds had abstained from voting on a planning application at a town council meeting, so she could then speak on the matter at district council.

He said: "That's fine in some ways, but you can't have two hats on at Lyme Regis Town Council's planning meeting, you can only have one on. She chose to abstain and I think she broke the code of conduct."

The Mayor, Councillor Michaela Ellis, defended Councillor Reynolds' decision, commenting: "It's anybody's right to vote, whether they wish to vote for, against or abstain, it's entirely up to that person."

Councillor Reynolds explained that she had spoken at West Dorset's planning committee – of which she is not a member – and had expressed the "exact feelings" of the town council.

"I took exactly what LRTC had asked me to say, exactly what they had decided, and that was the reason I abstained," she added.

But Councillor Hallett said he had been assured that the town council's planning committee had not given Councillor Reynolds any "clearance" to speak on their behalf at West Dorset.

Town council planning committee chairman, Councillor Brian Larcombe, explained: "There was nothing said about Councillor Reynolds' vote because by abstaining it was assumed you were forming no view, you were neither for or against that application, but nothing was discussed at the meeting that night about the role you would undertake in presenting the view formed by our committee at West Dorset – fact."

Councillor Ellis argued: "I don't see the problem. Councillor Reynolds has taken the view of the council to West Dorset, which she is entitled to do."

Speaking to Councillor Reynolds, Councillor Larcombe continued: "I think the point that Councillor Hallett is making is that the abstention was in order to reserve the right to speak, even if your view would have been against the view of the town council, but you've reassured us that that's not the reason for your abstention, was it?"

Councillor Reynolds replied: "It wasn't at the time, but it's my opinion. If I didn't want to take your opinion to West Dorset I needn't. It would be up to me to decide what I say to West Dorset, not up to anyone else, because I abstained from the vote."

Councillor Owen Lovell – who previously sat on both the town and district councils – advised that Councillor Reynolds seek advice on her position, adding that the town council hadn't had any district councillors on its own planning committee for at least 10 years because of the "conflict of interests".

Councillor Reynolds said she had already taken advice and had been told there was no conflict of interests.

Councillor Larcombe commented: "If you form a view that you can't support a view that the town council forms, I think we'd need to know that if you're then going to West Dorset planning committee to speak against our application, we should know that at the time you're going to vote here."

Councillor Reynolds said she thought Councillor Larcombe was making the matter "more complicated".

Councillor Ellis said: "Councillor Reynolds has said she sought advice, it's up to her how she deals with that and not up to everyone else how she votes."

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Death Notice

DAGOSTINE ELLEN (VINCENT)

Passed away peacefully on 16th December 2017 at Lyme Regis nursing home aged 88 years. Loving mother to Lavinia. Funeral service to take place at East Devon Crematorium on Wednesday 10th January at 12.15 pm. Family flowers only but donations if desired to The Stroke Association c/o A J Wakely & Sons, 7a Silver Street, Lyme Regis, DT7 3HR.

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■ THE 1st Lym Valley Beavers celebrated the end of the winter term with a Christmas party, games and a visit from Santa who handed out presents. Leader Karen Yelland said: "It was a wonderful way to round off the term, and the year. We're very grateful that Santa joined us on our final evening." This party rounds off what has been a successful year for 1st Lym Valley Scout Group, with record numbers joining and about 65 young people now involved in the group, an increase of 50 per cent on last year.

View Family Announcements

To Eva Murray
Happy 7th Birthday on 29/12/17 .
Love from Grandad and Mandy xxx

JAMIE MCGOWN
Happy 21st Birthday on 18th December.
Love from Mum, Dad, Ellie & Grandma

happy birthday

JAMIE MCGOWN
Hope you had a great 21st Birthday on the 18th December. Love from Nan x

Happy 18th birthday to
RICKY LITTLEY
Have a great day love Nan, Grandad Mum, Joss, Ben, Laura, Brooke, Lexi, Willow, and Oakley.

time to CELEBRATE!

Happy Birthday Carol!
With love from everyone at Fairfield House XxX

FREE FAMILY ANNOUNCEMENT FORM

Message.....

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Date for insertion Wednesday _ _/ _ _/ _ _

Send to: View From Newspapers, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset, DT7 3DB or

Email: announcements@viewnews.co.uk

Signed: ..... Telephone: ..... Address: .....

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Please include SAE for return of any photos.

PLEASE NOTE: We cannot accept announcements without a signature, address and telephone no.

All announcements must be in by 12 noon on Friday for the following weeks publication.

Sun sets on The Bay for final time

THE Bay restaurant in Lyme Regis is closing its doors for the final time on January 1st to pave way for 'SWiM', a new cafe bar with a focus on craft drinks and an "impeccable menu at affordable prices".

The new owners bought The Bay on Marine Parade, previously named By The Bay, earlier this year with the ambition of creating the best seaside cafe/bar in the UK, using their experience as former owners of The Bull Hotel in Bridport and founders of The Stable chain of restaurants.

Nikki Copper, one of the new owners, said: "We fell in love with Lyme Regis when we moved to Dorset 15 years ago. We were lucky enough to build our family home here last year and now we can't wait to get the refurbishment underway." Her husband and business partner Richard Cooper added: "We've never spent as long as we have on any business we've owned, agonising over every detail, item on the menu, supplier we work with and every fixture we put into this building. The process, while long-winded at times, has been the most enjoyable chapter in my career to date."

The new owners are investing heavily in the property, with plans to rip out the ceiling to maximise the expansive void above, and put in new floor to ceiling glazing to make the most of views of Lyme Bay. SWiM will be open for breakfast, lunch, dinner and cocktails all year round. It is hoped it will open in time for Easter.

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Cancer Research branch honoured for raising more than £150,000

THE Lyme Regis branch of Cancer Research UK has been honoured for raising more than £150,000 since it was formed in 2008.

Branch chairman and View From Newspapers managing director Philip Evans and his family first started raising funds for the charity in 2008, when they held a charity cricket match, corporate lunch, auction and a night of comedy and music with Richard Digance in Uplyme, raising £12,000 in one weekend, which they donated to the nearby Colyton branch of Cancer Research UK.

Following the success of the event, the charity contacted Mr Evans and asked him to set up a new branch in Lyme Regis.

Over the past 10 years, a small committee has organised a variety of successful fundraising events, including summer balls, coffee mornings, curry nights, soup and sweet lunches, bingo nights and its popular Big Breakfast.

It also runs a campaign to Turn Lyme Pink every October to mark Breast Cancer Awareness Month and is well-supported throughout the year by Mr Evans' staff at the View From Newspapers, who each donate 50p to the charity every week for 'dress down Fridays'.

But the branch's biggest success to date has been the Great Lyme Regis Christmas Pudding Race, first launched in 2012 and subsequently held in 2013, 2014 and 2016.

The wacky race - based on a similar event for Cancer Research UK held annually in Covent Garden - sees teams complete a festive-theme obstacle course along Lyme's seafront while carrying a Christmas pudding. It has raised a total of £11,000 for the charity.

Members of the Lyme Regis branch were honoured with a certificate for reaching the £150,000 mark, presented by Becky Trout, local CRUK fundraising manager for West Dorset and Somerset, at a special drinks reception held at the Woodmead Halls just before Christmas.

Mr Evans also presented Becky with the branch's latest donation of £2,000.

Becky spoke about the important role local fundraising branches, such as the Lyme Regis group, play in helping to find a cure for cancers, with 82p from every £1 raised going directly into research, and she thanked volunteers for their efforts over the past 10 years. She said it was a wonderful total for such a small branch.

Mr Evans praised his small committee for their efforts and paid tribute to the local community which supported all the fundraising events since the branch was formed in 2008.

Mr Evans spoke movingly about the loss of a number of stalwart locals in Lyme who had died from cancer in recent weeks and pledged that his committee would continue working to support research into the disease.

The Lyme Regis branch of Cancer Research UK is now starting to plan fundraising events for 2018, which will start with a Valentine's masked ball in February, with full details to be announced shortly.

Other events during the year will include the Big Breakfast, Turn Lyme Pink campaign and coffee morning, curry night, soup and sweet lunch and Christmas bingo. It has not yet been decided whether the Christmas Pudding Race will be held in 2018.

■ CHAIRMAN of the Lyme Regis branch of Cancer Research UK, Philip Evans, hands the latest cheque to local fundraising manager Becky Trout, with other members of the committee - Christine Evans, Johanna Hopkins, Jackie Evans and Francesca Evans - also pictured

Your View

■ ON behalf of the 1st Lym Valley Scout Group, Lyme Regis Guides and Brownies, and Uplyme Brownies, we would like to say a huge thank you to Neville Causley, his family and helpers for running the Santa sleigh in Lyme Regis this year.

Despite the weather, £624 was raised and has been generously donated to the four local youth groups.

Paula Wyon-Brown, 1st Lym Valley Scout Group

Closure to affect town bus

A ROAD closure in January will mean temporary changes to the Lyme Regis town bus service.

Uplyme Road and Silver Street will be closed from January 8th to 26th between 9.30am and 3.30pm each day.

The closure will have an impact on the number 71, which is operated by Damory with the support of Lyme Regis Town Council. During the closure, the bus will be unable to serve Lyme Regis Medical Centre and the Woodroffe School.

A temporary timetable is available on the town council's website or at the town council offices.

Wildlife artist raises funds for Born Free Foundation

A LYME Regis artist has raised £3,000 for the Born Free Foundation with one of her latest paintings.

Wildlife artist Emma Bowring, who owns Edwards & Parr in Broad Street, often uses her talents to raise funds for her favourite charities and causes.

Her recent lion cub painting was auctioned at the Bron Free Foundation's 'Beyond the Bars' event in London at the end of November and raised £3,000 for the charity.

The painting was given the title of 'George' by Virginia Mckenna, who founded the charity and starred in the film 'Born Free' with her husband Bill Travers, after the great George Adamson, played by Bill in the film.

The Born Free foundation is an international wildlife charity working throughout the world to stop individual animal suffering and protect threatened species in the wild.

It was founded in 1984, originally as 'Zoo Check', and this year they have gone back to their roots with a focus on challenging the exploitation of wild animals in captivity.

The charity ended the year with its 'Beyond the Bars' gala at the Royal Horticultural Halls in London. The evening also marked the republication of Born Free's first book 'Beyond the Bars', originally released 30 years ago and featuring contributions by leading conservationists and campaigners of the time.

Common sense with money 2

THIS week it's L – Lists and Lighten your load.

Would you burn a £5 note every week? 'Of course not!' but that may be what you're doing.

Do you throw away food that could've been eaten when you first bought it but which went off in your fridge?

A survey found that the average person in the UK threw away 68 kilos of food a year, food worth about £200.

One way to avoid wasting food is to write a list before you go shopping of exactly what you need for each meal you've planned.

Whether you shop daily, weekly or monthly the list helps you remember what you need but can also stop you making those impulse buys that lead to waste. That's our top tip: shopping lists.

What extra 'baggage' do you carry around in your car?

A survey found that one in three people carry more than five items in their boot all the time: e.g. baby stuff, golf clubs, spare shoes, sports kit, tools.

The heavier your car the more fuel it burns so remove unnecessary weight.

The more miles you do in rural West Dorset the more you save. That's our second tip: lighten your load.

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Weymouth, W&PBC Offices, DT4 8NG - **Mon-Friday 12:00-14:00**

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Community lunches re-launched in time for Christmas

THE popular Lyme Regis Community Lunches were re-launched just before Christmas.

Organised by LymeForward, the lunches will now be held monthly for the over 50s at the Baptist Church Hall, with a two-course meal prepared by local chef Chris Tippings.

The first lunch saw almost 40 guests, including the Mayor of Lyme Regis, Councillor Michaela Ellis, and her husband Alan, tuck into a traditional turkey dinner followed by Christmas pudding. Festive entertainment was provided afterwards by the Lyme Luggers ukulele group.

LymeForward would like to thank chef Chris Tippings and all volunteers who helped on the day, the Regatta & Carnival Committee, Tesco, Co-operative and the Lyme Luggers.

The next lunch will be held on Wednesday, January 10th at 12.30am with steak and kidney pie (vegetarian option available) and apple crumble and custard on the menu. Tickets cost £6 and are available at Penny Black Café behind the post office. Please disclose any dietary requirements at the time of booking.

LymeForward is looking for more volunteers to help prepare, serve and tidy up after the meal. Those interested should contact Heather Prior, on 07704 902 604 or email heather@lymeforward.co.uk

■ **GUESTS enjoyed a traditional turkey lunch and Christmas pudding at the first of the re-launched community lunches, with the Mayor, Councillor Michaela Ellis, and her husband Alan (pictured left) among the guests**

Lyme pupils wins Christmas card contest

A PUPIL from St Michael's Primary School in Lyme Regis was one of two winners of the West and North Dorset for Local Food Links' recent Christmas card competition.

Five-year-old Felix Morris (pictured) from St Michael's was named the winners of the Key Stage 1 category in the competition to design a Christmas card, for his 'Santa eating Christmas dinner' design.

The Key Stage 2 winner was Jacob Evans, aged 8, from Archbishop Wake Primary School in Blandford Forum.

Both children were awarded a £20 gift card and 20 prints of their cards by Caroline Morgan, Local Food Links CEO, during school assemblies.

Caroline said: "Giving Felix and Jacob their Christmas cards and prizes was the highlight of my week but choosing the winners was tremendously hard, there were so many fantastic designs"

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Dorset Waste Partnership top of the recycling charts

DORSET residents have helped put the Dorset Waste Partnership (DWP) at the top of a new chart that shows the best performing local authorities for recycling and protecting the environment.

What's more, Dorset's recycling rates are at an all-time high and a recent customer satisfaction survey has shown that residents continue to be happy with their waste and recycling services.

Eunomia, an independent environmental consultancy, compiles the Local Authority Recycling Carbon Index each year which measures the environmental performance of councils' recycling services.

Now in its fifth year, the index gives councils an alternative and arguably better measure of the environmental performance of their waste and recycling services.

With this indicator, it shows which local authorities' recycling services deliver the greatest carbon benefits.

The latest Carbon Index for 2015/16 saw the Dorset Waste Partnership leap from third to first place in the list of over 120 English local authorities with 111 CO_2e – which works out as the equivalent of 111 kilograms of carbon dioxide saved per Dorset resident.

In addition to this, recent figures from the Department for Environment Food & Rural Affairs (DEFRA) show that Dorset now recycles 59.4 per cent of its waste, officially ranking at 15th place out of 351 local authorities – up one place from the previous year.

In fact, when looking at comparable organisations that deliver a countywide waste collection and disposal service, the Dorset Waste Partnership is now the best-performing authority in the entire country.

This fantastic performance has been noted against a backdrop of continuing customer satisfaction with the services that the DWP provide.

Over the summer, the Dorset Waste Partnership ran a customer satisfaction survey to find out what residents thought about their recycling and rubbish services.

With over 5,000 responses from around the county, the survey was hailed as a great success. Key findings include:

- Overall satisfaction with the kerbside collection service – 87.7 per cent either very satisfied or satisfied;
- Frequency of collections – 86.3 per cent either very satisfied or satisfied
- Reliability of collection service – 91.4 per cent either very satisfied or satisfied
- 78.9 per cent of residents are very satisfied or satisfied with the behaviour/attitude of the collection staff
- 81.3 per cent of residents very satisfied or satisfied with household recycling centre opening hours

Questions were also asked regarding street cleaning, litter and the types of waste that the DWP collects.

The full results of the survey are being considered by councillors and will help inform senior officers and committees when making decisions in the future.

Councillor Tony Alford, chairman of the DWP's Joint Committee, said: "We know that the Dorset Waste Partnership provides high-quality services, while delivering savings for our partners and helping protect the environment. The data from the customer satisfaction survey, DEFRA and the Local Authority Recycling Carbon Index only further reinforces that belief.

Naturally we are delighted with these results, but we are already busy planning how we can maintain this performance in the light of reducing council budgets. I would like to thank everyone for their waste reduction and recycling efforts – please keep up the good work!"

Facelifts for county's bus stops

DORSET County Council is working with bus operators across Dorset to spruce up bus stops on its core interurban routes.

They are being improved with new flags and timetable cases. Some stops are also getting new shelters and raised kerbs using developer funding.

Cllr Daryl Turner, the county council's cabinet member for the natural and built environment, said: "Over the last few years the county's bus stops have become a bit shabby.

"This tidy up will help people know where the bus stop is, where it's going and at what time."

The cost of the facelift is being funded by the county council as part of its Passenger Transport Strategy making interchange between different modes easier.

Over the coming months all 3,748 bus stops will be assessed and catalogued through a new online tool which will also allow easier reporting from the public.

This will then enable priority for funding to those stops in the greatest need or have the greatest potential for interchange points to link other forms of transport with bus travel. For example, add- ing cycle parking nearby.

Communities are also being encouraged to look after their bus stops and create a 'friends' group that can keep the area tidy.

Consultation on final mineral and waste plans

DORSET residents can have a final chance to give their say on the countywide mineral and waste plans.

The plans allocate locations for future mineral sites and waste and recycling facilities across the county. This version has considered previous comments received in earlier consultations.

At this stage comments are expected to be about the soundness of the plan and their legal compliance. Guidance on what this means can be found at www.dorsetforyou.gov.uk

The mineral sites plan allocates suitable sites for quarrying of sand, gravel, building stones and ball clay to meet development requirements.

To have your say on either or both documents, submit your comments online at www.dorsetforyou.gov.uk/consultation or by completing a representation form available by calling 01305 228585 / 228571 or emailing mwdf@dorsetcc.gov.uk

View of the week:

SUN RISING OVER LYME, by Tony Chalk

If you have a photo you'd like to share of a view or event in Lyme Regis, send it to francesca@viewnews.co.uk or tweet @ViewFrancesca with a short caption and your name

View from the churches

IN his book, 'Choose Life', Simon Guillbaud relates the story of some missionaries who visited an orphanage.

They told the children the Christmas story, and then gave them some materials with which they could re-create the manger scene. To their consternation, one of the children had put two babies in the manger. Concerned that he had misunderstood the story, they asked him to explain. He retold the story of Mary and Joseph going to Bethlehem, of there being no room at the inn and Mary having to have her baby in a stable perfectly until he got to the end. His story had a different ending.

He said: "And when Mary laid the baby in the manger, Jesus looked at me and asked me if I had anywhere to stay. I told him that both my mamma and my papa were dead, so I didn't. Then Jesus told me I could stay with him. But I told him that wasn't possible, because I didn't have a present to give him like everybody else did.

"I so wanted to stay with Jesus that I wondered if there was anything of mine I could offer. So, I asked Jesus, 'If I keep you warm will that be a good enough gift?' Jesus replied that that would be the best gift anyone could possibly give him. So, I got into the manger and Jesus told me I could stay with him forever."

As the little boy finished his explanation his eyes filled with tears. This precious little orphan had found someone at last who would never abandon him.

As we emerge from the excesses of Christmas, my prayer for us all is that we will know it is not what we have in our lives that really matters, but who.

The Reverend Kate Woolven
Rector of Uplyme Church

Lifeboat crew 'delighted' at result of station review

THE RNLI has given the volunteers of Lyme Regis lifeboat crew a clean bill of health after a wide-ranging review of the lifeboat station's performance.

A Coast Review delegation, led by Vice Admiral Sir Tim Laurence, visited Lyme Regis in March to discussed the running of the lifeboat station and heard the views of management, crew members and fundraisers.

Sir Tim, chairman of the RNLI's Operations Committee, explained that a key focus of the review was the gap between Exmouth and Weymouth.

Now, RNLI Operations Director George Rawlinson has announced the result of the review.

In a letter to Lyme Regis lifeboat operations manager Nick Marks, Mr Rawlinson said that following the review "it was agreed by the Operations Committee and resolved by the Trustees Board that there should be no change to the lifesaving configuration provided by Lyme Regis Lifeboat Station".

Mr Marks (pictured above) said: "We are delighted with the result of the review, which was carried out by a senior delegation from the RNLI, and which we feel endorses the first class commitment of our Lyme Regis volunteers."

So far this year the Lyme Regis lifeboat crew has answered 23 calls for help.

Aromatherapist launches first book

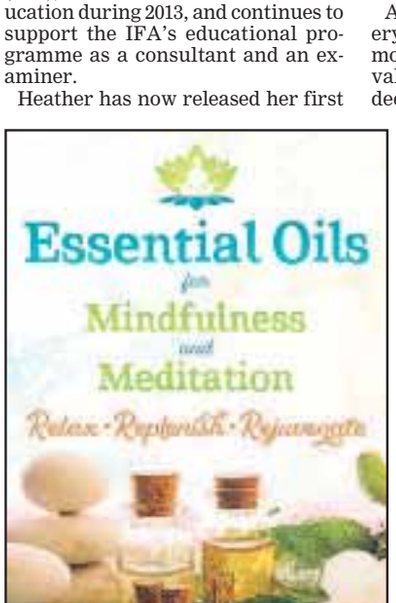
AROMATHERAPIST Heather Dawn Godfrey, from Lyme Regis, has recently published her first book.

Heather provides essential oil treatments and training through her business Aromantique, based at the Town Mill in Lyme Regis.

She is also a member of the International Federation of Holistic Therapists and a fellow of the International Federation of Aromatherapists (IFA), where she was chairman of education during 2013, and continues to support the IFA's educational programme as a consultant and an examiner.

Heather has now released her first book 'Essential Oils for Mindfulness and Meditation: Relax Rejuvenate Replenish', which explores the dynamic role essential oils play in supporting health and wellbeing and provides a comprehensive overview of essential oils, from the role they play entrenched within the history of medicine, their botanical derivation within plants, to their dynamic holistic role as hedonistic, healing and wellness ingredients.

Although aimed at the curious 'everyday' user who wishes to learn more, the book also provides a sound, valuable foundation for further deeper study, and a point of reference.



Outlining the practice and benefits of meditation and mindfulness in combination with the use of essential oils, Heather explains how these practices hone and sustain a conscious awareness of being in the present moment, focusing attention on what you are sensually experiencing and leaving no space for regrets, traumas, fears, anxiety, or anticipation.

Providing the latest scientific research on the restorative, rehabilitative, and psycho-emotional healing effects of essential oils, she explains how the sensory experience of odors can immediately draw your attention to the present moment, trigger a specific state of consciousness, such as a deeper meditative state, or offer a way to regain composure quickly when dealing with life's ups and downs.

Heather shows how many essential oils naturally reduce stress and anxiety, promote a peaceful attitude, support concentration, regulate breathing, and stimulate serotonin and GABA pathways in the brain, making them ideal aids to mindfulness and meditation.

Explaining methods to incorporate essential oils into your practice, Heather introduces readers to the "Gem" essential oils - a group of oils specifically selected for attaining and maintaining a state of mindfulness, as well as a broad spectrum of therapeutic proper- ties - and she provides an easy-to-follow chart to help you select the oil that is right for you.

Offering a hands-on practical guide to integrating essential oils into mindful and meditative practice, the author shows how the reader the ability to self-generate a calm, tranquil, and worry-free state of mind.

For more information on Heather and the book 'Essential Oils for Mindfulness and Meditation: Relax Rejuvenate Replenish' visit the website www.aromantique.co.uk

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NEW YEAR New You

What's your New Year's resolution?

Beaminster Chiropractic

THE problem with New Year's resolutions is that they're usually negative: STOP this! QUIT that! Chiropractors working in four local clinics have identified five simple POSITIVE steps that could leave you greener, lighter and richer!

Drink Water Instead

• Caffeine is a psychoactive drug: it's also in tea, cola and even some 'healthy' foods

• A bottle of wine has over 650 Calories

• More than 50% of the population drink too much alcohol or caffeine

TOP TIP: Replace two drinks of tea, coffee, cola or booze with two glasses of water.

Buy ingredients not meals

• Processed foods often have high levels of sugars, sweeteners and fat

• Seasonal vegetables have higher levels of vitamins and taste better

• Fresh, local products have a lower carbon footprint and more nutrition

TOP TIP: Cook meals in bulk – freeze the extra and microwave them for convenience food that's healthy.

Walk to Wherever

• 100 years ago, we walked over 10 miles a day, doctors say we should still walk 5

• Walking is good for your heart, lungs, digestions and bones

• Walking is much better for the environment than cars

TOP TIP: Drive less, walk more and take a stroll twice a week.

Lose Weight

• Two-thirds of UK adults are overweight; half of these are obese

• If you're overweight, you are at risk of dozens of health complications

• If you burn more Calories than you eat you WILL lose weight

TOP TIP: Aim to lose 3kg a month until your BMI is down to 23 kg/m2

Sleep Soundly

• Adults need between seven and eight hours sleep EVERY night

• Lack of sleep makes you at risk of everything from the common cold to heart attacks

• 20% of car accidents are attributed to lack of sleep

TOP TIP: Switch off electronic devices 40 minutes before a regular bedtime and do something relaxing instead.

Find out more at #5stepping via www.yeovilchiropractic.co.uk

Anyone with underlying health problems should seek the advice of a healthcare professional before undertaking the lifestyle changes suggested.

Bridport Leisure Centre

NEW YEAR, NEW YOU at Bridport Leisure Centre!

WILL YOU be joining the 21% of Brits making New Year vows this January? Of all the resolutions made, over half will be health and fitness related- and for good reason. You can add quality years to your life by making proper nutrition and exercise a lifestyle rather than something done sporadically. However, sticking to those resolutions can be no easy task. We have some tips for helping you succeed and reach your goals, however big or small, for 2018.

One of the most common reasons for failure is down to lack of motivation. It is essential then to choose an exercise that you enjoy. We have a huge variety of fitness classes and courses to choose from, including some exciting new ones for 2018. There really is something to suit all abilities and tastes.

Another way to remain motivated throughout the year is to hire a Personal Trainer. They can provide the extra push needed to keep you on track, and won't accept any excuses! We offer one-to-one PT sessions or, new for 2018, Small Group Training classes are the perfect happy medium between personal training and a fitness class – with extra emphasis on specific training goals.

Most importantly- keep in mind that results will come over time, not overnight, so try not to feel disheartened if you don't see a difference straight away. Be flexible and open to change- don't be afraid to try something new and mix up your workouts to keep that motivation running all the way into 2018 and beyond!

For opening times and Fitness Class and Swimming times please visit www.bridportleisure.com or call 01308 427464 for further information.

Is Life a Pain in the Neck?

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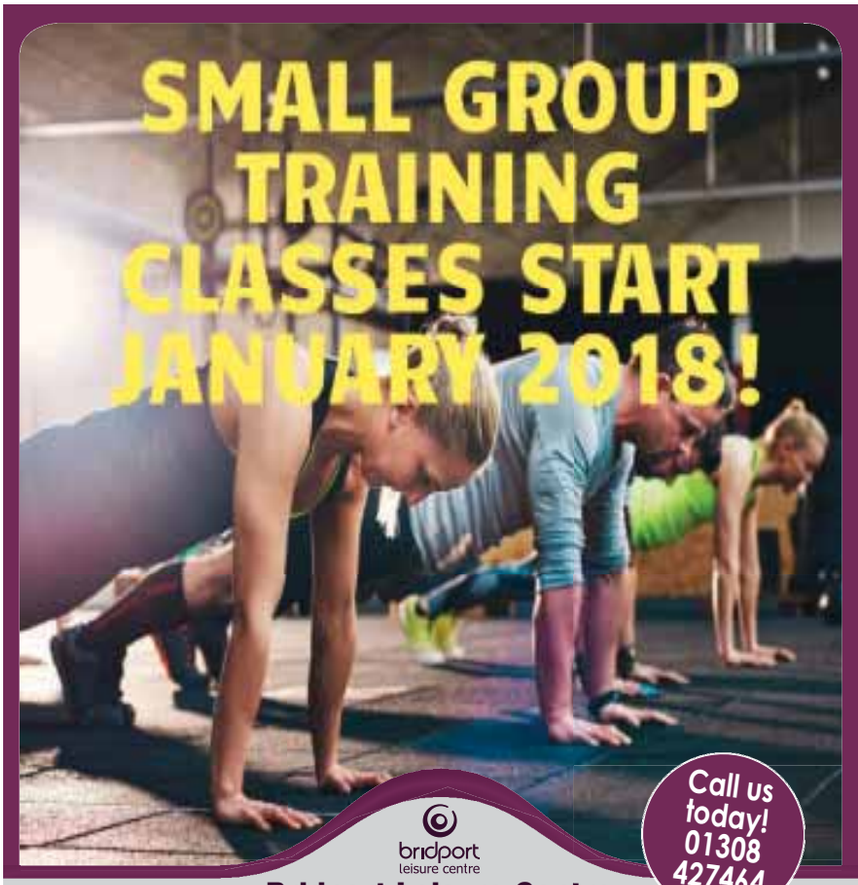

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NEW YEAR New You
What's your New Year's resolution?

Richard Cawte Hypnotherapy

The best way to stop smoking!

IF YOU are a smoker, or know someone who would really like to quit but just hasn't been able to yet, you might like to know that help is at hand!

Clinical Hypnotherapist Richard Cawte is offering free initial consultations and a £15 discount on all private sessions throughout January 2018. Having quit using hypnosis himself, Richard is uniquely qualified to help you become a non-smoker - and to stay that way.

Hypnotherapy is the most effective single treatment for people looking to stop smoking (New Scientist). It can be quick, painless (!) and will save the average smoker around £3,600 pounds each year. That's £300 per month!

More importantly, quitting cigarettes will help you to live a longer, healthier life.

If you are ready to stop smoking, hypnosis is the way to go. To find out more, call Richard on 07894 541796 for your initial free consultation. Or come along to the Axminster Wellbeing Centre at 6pm on January 11th for a short introductory talk on how hypnosis works and why it's proven to be the best single method of becoming a non-smoker and staying that way.

Evening Class: Thursday Jan 11th 6pm

Venue: Axminster Wellbeing Centre, Chard Road, Axminster

Entry fee: £5, deducted from first private session.

Richard is a member of the British Society of Clinical Hypnosis and currently operates from Dorchester, Axminster and Honiton.

Ready for an appointment?

Call 07894 541796 and quote DR1 for your £15 Discount.

Fordington Yoga

EASE your way into the New Year with some gentle Hatha Yoga or meditation. Yoga is accessible to people of all ages and improves flexibility and mobility and posture. The breathing exercises bring calm and help maintain mental well being. Everyone enjoys the opportunity to relax!

The are also more opportunities for mediation available and if early morning is a convenient time of day for you then you may be interested in our 7am class on a Wednesday morning at Dorchester Yoga and Therapy Centre. This is a contemplative and peaceful way to start the day with 45 minutes of meditative silence with like minded people. Perhaps you can fit this in on your way to work or before a busy day starts. You are very welcome to join us.

In 2018 I will also be offering weekend retreats and Yoga Days in the stunning setting of Hilfield Friary. See the website for details.

Susan Gale Hypnotherapy

Do you look after yourself too?

OR ARE you too busy making everything right for others to even think about yourself? Do you find it difficult to ask for help? Or do you always hold things in so as not to upset anyone else? Do you feel you're less important than other people? Or only valued for what you do, instead of for yourself?

Self-care is important too. You really are just as important as others. You do deserve to be treated fairly and well too.

But once self-negative attitudes and behaviours take root in the subconscious part of your mind, it can be impossible for you to change it by yourself. Leading to you feeling even more negative about yourself.

Susan Gale can use co-operative Hypnotherapy to help you see yourself in a better light. Then it's easier to help others joyfully and to help yourself sometimes too.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

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Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.

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MY NAME'S Gina and I am the owner of Healthy Heart Hartley. I have various qualifications in the health, fitness & well being sector, including a degree in sport health & fitness.

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gina@healthyhearthartley.co.uk

NEW YEAR New You

What's your New Year's resolution?

Dave Cumber Vets

Fat 2 Fit - Keeping Fit with your Dog in 2018

HOW MANY of us start the new year with a fresh gym membership, new exercise bike or personal training sessions? These can help keep us fit, but sometimes we lack motivation and this is where your beloved pet could help. Exercising with dogs is one of the best ways of improving your health and well-being as well as that of your dog.

It's not just we humans that are getting fatter, statistics show that up to 60% of dogs and cats in the UK are clinically obese. It's not rocket science; we all know this stuff – too much food & too little exercise. And we all know the possible consequences for people & pets: Diabetes Mellitus, orthopaedic disease, heart disease, respiratory distress, high blood pressure and cancers. Let's face it; it's not much fun when every move you make leaves you breathless and exhausted. Your pet relies on you to make the best decisions for their health and well-being so why not get fitter together.

Here are 10 top tips to help you and your furry friend get the New Year off to a happier, healthier start

1. Get advice: many vets have free weight clinics. These are often run by nurses who will help set an appropriate goal weight for your pet and give you advice & support on how to achieve it

2. Be aware: risk factors for obesity include: age, certain breeds, being female, neutering and having an overweight owner – this is an actual fact.

3. Portion size: this applies to pets as much as people. There is a natural tendency for portion size to creep upwards, so weigh your pet's food and mark your scoop so that you give the correct amount at every meal

4. Tit-bits and treats: snacks between meals make your pet fat – don't do it, it's not fair to them. If you give treats as a reward, keep them small and limit the number per day.

5. Walking: surveys have shown that 1 in 4 people admit to NEVER taking their dog for a walk. Start gently and build up to 30-60 minutes a day. Its great exercise for you and your pooch and it's a great de-stresser

6. Play: You are your dog's best friend and playmate – so play! Run around, get your pet to chase you, play hide and seek or play catch with a ball. Dogs get bored just as people do, so liven things up a bit.

7. Play dates: many dogs love playing with other dogs and will run around playing chase for ages. Its great exercise and great for socialisation – dogs are pack animals, most enjoy canine company. Look for a local park where others walk their dogs and you and your pet can make some new friends

8. Exercise for the brain & body: many dogs enjoy a mental as well as physical challenge. Why not have a go at agility classes or Flyball. They are a fantastic way to keep your best friend entertained, socialised and fit – and you get to socialise as well. They cater for all abilities so why not give it a go?

9. CaniX: (pronounced canicross!) is getting out with your best friend and doing what they love best – running. You run attached to your dog by a harness and most dogs take to it very quickly because dogs love to run, and it taps into their natural instincts. Take a look at www.canix.co.uk to find out more

10. Annual check up: you don't have to do this by yourself. Your local vet will be delightedly to help and keep helping. When your pet is the correct weight it will be happier and healthier which is every vet's ultimate goal

You may feel your pet loves you when you give them food, but they will love you even more if you give them quality time, attention and the health to be able to get out there and enjoy life. You benefit, they benefit it's a WIN WIN – happy New year!

Full details can be found at the website www.davecumbervets.co.uk or on Facebook at facebook.com/davecumbervets

Press enquiries to Julie@popcornmarketing.co.uk or Julie Cleaver 01305 774629

Sharon Lorimer

IN 2004 I qualified as a Sports and Remedial Massage Practitioner and have always advocated the combination of Pilates alongside my clients' treatments. In 2013 my passion for Pilates grew and I decided to further my skills and trained with Body Control PilatesTM in matwork Pilates.

I am a dedicated Soft Tissue Therapist & Body Control Pilates teacher who has built up a reputation over the years with Doctors, Osteopaths and other Clinical Practitioners recommending my Pilates classes & my massage therapy to their patients as part of their rehabilitation especially for those with back problems.

I have specialist training in Pilates for Osteoporosis & Level 4 Low Back Pain. More than 80% of the adult population suffers from low back pain at some point in their life. It is one of the most common reasons for people taking time off work. It may also impact upon their quality of life in other areas as well. Pilates is often recommended by medical practitioners to help alleviate low back pain.

Pilates is suitable for all ages and fitness levels, even the first time exercisers. Pilates targets the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will become longer, leaner and more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility, and is a great way to relieve unwanted stress and tension.

As well as group matwork classes and a special low back pain class, I also run private 1:1 Pilates sessions incorporating the Pilates reformer and other studio equipment. Pilates and Remedial Massage work really complement each other, the results can be astounding. It's so wonderful seeing how the combination of the two therapies can enrich and improve my clients' lives.

I currently run group mat classes at The Old Town Hall, High West Street on Mondays 630pm & 7:45pm; Tuesdays 10am & 6:30pm. All are welcome, for more details please contact Sharon on 07704 578535, Sharonlorimer@btinternet.com or visit www.sharonlorimerpilates.com

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HAPPY NEW YEAR FROM ALL OF US AT THE VIEW FROM

NEW YEAR New You

What's your New Year's resolution?

The Garden Studios Yoga and therapies

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Tuesday 10am-11.30am & 6.30pm-8pm
Thursday 9.30am-11am

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Website: www.gardenstudiosbridport.co.uk
located off St Swithans Road DT6 5DG

The Garden Studios

New for the New Year at The Garden Studios Bridport

FOLLOWING a busy time over Christmas and New Year with seasonal coughs and colds in abundance it is now time to boost your immune system and get your body on track for the coming of spring.

At the Garden Studios we have some changes to our timetable which we hope will encourage you to get on track, it doesn't have to be boring or painful or hard work. Looking after yourself should be fun and rewarding, every stretch should make you smile!

Julia's Tripudio class has moved to Wednesday mornings 9.30am – 10.30am. This gentle exercise to music class is deceiving -it is gentle but effective. Your lymph system will flow helping your immune system and any fluid overload, you will stretch and ease out those tight bodies, and mobilize all those stiff joints all in a fun class that demands no floor work. We exercise to music, have fun and feel relaxed yet energised. A good way to start a day!

Relax your body to help stress in your life; Stress whether due to emotional or physical reasons is a major player in affecting your immune system and leaving you at risk of colds and flu. Yoga, meditation and relaxation sessions will assist with the mind body relationship. Our Hatha yoga classes are small groups and designed to assist your individual needs, in a warm comfortable space.

A new lunchtime session with Paul on Tuesday aims to relax, release and rejuvenate – 50 minutes of complete relaxation at 12noon.

Massage, aromatherapy and reflexology are also wonderful aides to our body maintenance, in the same way we service our cars we should take the same approach with our bodies, they require maintenance too. At your first session Julia will take a health history, and help you to plan the most appropriate treatments whether you need complete relaxation or attention to specific areas of tension or pain. Essential oils provide not just a wonderful aroma but can be used to assist your health and well-being. The therapy room at the Garden Studio is designed to relax; warm and comfortable, soft lighting, heated massage couch and Julia's 25years of experience will provide you with the perfect environment to start your new year new you!

Stop Press – Julia and Paul have linked up with Furleigh Wine Estate for monthly Nordic Walks on their estate, check their website for more details or our face book page: Garden Studios Bridport. www.gardenstudiosbridport.co.uk.
Call Paul or Julia for more information 01308 538112.
juliagardenstudiobridport@gmail.com

Luke Hayter Fitness

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Fitclub: Mon – Thurs 5.15pm and 6.30pm

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Please call Luke on 07935 098 317
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Luke Hayter Fitness is very different to a normal gym. They are very keen to educate, as well as adding a social side to exercise, making it a fun place to come.

There are various sessions to suit all abilities. The Health Hub is a class designed for rehabilitation or someone with a low to medium level of fitness. It focuses on the basics to get you back on track. The parents class is perfect for any parent wanting to workout, but doesn't have access to childcare. Luke Hayter Fitness offer an on-site crèche to look after your little ones, whilst you get your workout in.

Fitclub is the perfect class for someone wanting to get in shape, have a good workout and a laugh. This class is specifically designed to get you into the shape that you want. The next 8-week challenge is about to start, which always achieves the best results.

Session time and days can be found on the website www.lukehayterfitness.co.uk
Contact Luke via email luke@lukehayterfitness.co.uk or call him on 07935098317

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DORCHESTER
MONDAY
5.30pm & 7.30pm
Dorchester Community Church
Acland Road
Natalie 07500 962667

DORCHESTER
TUESDAY
7.30pm
Dorchester Cricket Pavilion
Weymouth Avenue
Jenna 07803 891943

WEYMOUTH
TUESDAY
9.30am & 11.30am
Upway/Broadway Memorial Hall
Victoria Avenue
Teresa 07854 402259

BRIDPORT
TUESDAY
5.30pm & 7.30pm
St Mary's Church Hall
South Street
Becs 07890 065185

WEYMOUTH
(Group Relaunch)
TUESDAY
5.30pm & 7.30pm
St Francis of Assisi Church Hall
Merradin Close
Emma 07753 179421

BEAMINSTER
WEDNESDAY
9.30am
Beaminster Public Hall
Fleet Street
Sue 07542 649812

CHARLTON DOWN
WEDNESDAY
7.30pm
Herrison Hall
Sherren Avenue
Tara 07792 668673

BRIDPORT
WEDNESDAY
9.30am & 11.30am
St Mary's Church Hall
South Street
Natalie 07879 401465

BRIDPORT
WEDNESDAY
7.30pm
Bridport Day Centre
Flood Lane
Sue 07542 649812

WYKE REGIS
WEDNESDAY
7.30pm
Wyke Regis Methodist Hall
Portland Road
Sue 07557 127878

BRIDPORT
THURSDAY
9.30am & 11.30am
Bridport WI Hall
North Street
Natalie 07879 401465

WEYMOUTH
THURSDAY
5.30pm & 7.30pm
St Paul's Church Hall
Abbotsbury Road
Teresa 07854 402259

DORCHESTER
THURSDAY
7.30pm
Dorchester Cricket Pavilion
Weymouth Avenue
Lisa 07962 075882

WEYMOUTH
THURSDAY
5.30pm & 7.30pm
Radipole Primary School
Radipole Lane
Mick 07710 146643

WEYMOUTH
(Group Relaunch)
FRIDAY
9.30am & 11.30am
Radipole United Reformed Church
Spa Road
Mick 07710 146643

WEYMOUTH
SATURDAY
8am, 10am & 12pm
Southill Community Centre
Radipole Lane
Mick 07710 146643

WEYMOUTH
SATURDAY
9am
St Edmonds Church Hall
Lanehouse
Lucy 07884 316063

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VIEW FROM CLASSIFIED

DELONGHI plug in fires. Excellent condition and working order. One 20"x 16" and the other 28" x 16". £20 and £30 respectively. Tel: 01297 625843

SUPERKING (6') wooden slatted bed base with attached headboard, from Warren Evans. As new. £80. Tel: 01297 625843

VAX Rapide Deluxe carpet and upholstery cleaner. Unboxed. Brand new £40. Tel: 01297 625843.

BUREAU. Chinese Style Bureau, Complete with Matching Stool. Fold down top and 8 drawers. 1.09cmHx43cmWx1,09cmL. £95. 07855235116. Call for photos.

FOLDING BICYCLES. Wayscral W175. 6 speed Shimano. Wheel size 20". Folded length 82cm x 38cm x 61cm. As New. £120 each or £220 for both. 07855235116. Call for photos.

CARD TABLE. Swivel top card table with green baize top. Ideal for card games. Closed L92cm x W51cm x H72cm. Open L92cm x W102cm x H72cm. Excellent condition. £80. 07855235116 Call for photos.

CORNER UNIT. Triangular corner unit with glass doors.H180cm x 50cm x 50cm.
£30. 07855235116. Call for photos.

GAZEBO 3m x 3m brand new never used £95 ono. Tel: 01297 561022

CTEK smart 12V trickle charger. £20. Tel: 07717847572

ADVENT AWP10 all in one printer. £20. Tel: 07717847572

VOU HAUS pressure washer. £25. Tel: 07717847572

BOSCH AHS 390W hedge trimmer£15. Tel: 07717847572

ALUMINIUM ladder. £15. Tel: 07717847572

FREE bag full of used and blank cassettes. Tel: 01308 424799

1 IKEA wardrobe "Ramsby" 190cm x 80cm x 58cm. 2 door, 1 mirrored, 1 shelf and rail. Light wood. VGC. £50. Tel: 01305 837019

2 IKEA "Lack" tables 55cm x 55cm. White. Both for £10. New. Tel: 01305 837019

ARMCHAIR in perfect condition. With loose washable cover. See Website: SOFASOFA 'Positano' model in Capri Linen. £75. 01305 251751

CORGI Aviation Archive military aircraft models in die-cast metal for sale, some limited editions, ranging from £10 to £25 each, all in excellent condition. Telephone: 01305 246485.

LAVAZZA Espresso coffee capsules - 8 boxes of different varieties, including 3 decaffeinated. Each box contains 16 capsules (128 capsules in total). All for sale at £14 - half price! 07810 774 244

GAS cooker. Compact. 50cm wide. Separate built in grill. Excellent condition as in holiday home. £80. 07934002326

CURRY'S Logic fridge freezer. 2 1/2*yrs old also exists excellent condition. Bargain £60. 07934002-326

NINJA Coffee Bar brand new & unopened. This coffee machine is model CF060UK. Argos price is £89.99 where it gets good customer reviews so it could make a great Xmas gift. A bargain at only £45 Tel 01305 759674

DORA floral double duvet, sheet, pillow slips, valence, curtains and tie backs £20. Tel: 01308 425070

FIRESIDE blue and cream mat size five feet by three feet. £40. Tel: 01308 425070

BLACK quilted Semarang three quarter Mac size twelve £10. Tel: 01308 425070

MARKS and Spencer's per una long fur length black coat size. Medium £10. Tel: 01308 425070

PER UNA mauve sundress 12r £10. Tel: 01308 425070

PER UNA mauve cardigan £8. Tel: 01308 425070

PER UNA cerise 12r shirt with belt & 6. Tel: 01308 425070

NEW BT Converse Corded telephone white. £20. Tel: 01297 552841

RUSSELL Hobbs Deep Fat Fryer Stainless Steel Used once £35. Tel: 01297 552841

LEGGETT & Platt recliner 2 seater sofa, soft cream leather, bought from Beales, in very good condition, height 90cm, width 170cm, depth 90cm, price £225 ono. Poundbury 0780 682 6768.

ERCOL Renaissance 2 seater sofa, easy chair and foot-stool, with 4 scatter cushions, solid ash frame, colour golden dawn, Ercol collection quality fabric, brand new condition, original values £3250, £2050, £450, will accept £800, £500, £100 ono. Poundbury 0780 682 6768.

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The ultimate leisure guide for West Dorset

VIEW 2

Ferio Saxophone Quartet kick off Concerts in the West 2018 programme

AS ONE of Europe's leading saxophone quartets among a new generation of artists, the Ferio Saxophone Quartet consistently gains enthusiastic reactions from audiences and critics alike. In February 2018, Concerts in the West audiences will have the chance to witness for themselves the versatility of the saxophone through a superbly varied programme of music performed by the quartet at venues across Devon, Dorset and Somerset, including a new venue at the CICCIC in Taunton.

In 2015 Ferio made their debut at the Purcell Room, as winners of The Philharmonia /Martins Musical Ensemble Award and during the same year they were winners of the Royal Over-Seas League's Ensemble Competition. The quartet was also a Park Lane Group Artist and St John's Smith Square Young Artist for 2016-2017. Most recently, the group has performed at Edinburgh Fringe, Brighton, Newbury, Machynlleth and Petworth Festivals.

The Ferio Quartet enjoys performing new specially commissioned music, including works written by Laura Bowler and Simon Rowland-Jones. More recently they invited composer Guillermo Lago to write a new work for the quartet. The composition, inspired by three of William Wordsworth's poems, received its premiere performance at St John's Smith Square, London, in April 2017.

Ferio has signed with Chandos Records and their debut commercial CD Flux, released July 2017, has received great critical acclaim. Critics have praised the CD highly for the choice of repertoire and the calibre of the performances.

Catherine Maddocks, the founder and director of Concerts in the West, said:

"Huw Wiggin first played for Concerts in the West in 2015, so it is with great pleasure that we welcome him back together with the other members of the Ferio Saxophone Quartet as the first in our 2018 concert series. Huw is one of the most popular saxophonists of his generation and has won numerous prizes including Commonwealth Musician of the Year. He has performed widely and is professor of saxophone at the Royal Academy of Music.

"With the Ferio Quartet, audiences will be treated to playing of the highest possible quality. Huw and his fellow musicians are tremendously expressive and the programme they will entertaining us with will demonstrate the powerful breadth of their musicianship. Their programme will be a wonderful start to Concerts in the West's 2018 season with plenty of energy and a superb range of textures."

Concerts in the West's founder and director Catherine Maddocks has an unerring eye for picking the cream of young classical music talent. The majority of the musicians who perform for Concerts in the West audiences are award winning performers, who have scooped some of the genre's most illustrious and sought after musical awards and prizes. Two recent cases are pianist Alexander Ullman (who performed for CiW in June 2015 and who will be returning again in October 2018 accompanied by cellist Michael Petrov) and the Maxwell String Quartet (who played concerts from 4-6 May 2017). Alexander has just won first prize at the 11th International Franz Liszt Piano Competition, receiving €20,000 and a Career Development Programme. While the Maxwell Quartet has won the Trondheim International Chamber Music Competition 2017.

The Ferio Saxophone Quartet play a coffee concert at Bridport Arts Centre on Friday, February 16th, 11am-12noon. Tickets are £10, available from www.bridport-arts.com or by calling 01308 424204.

The Quartet then play Ilminster Arts Centre at the Meeting House on Friday, 16th at 8pm. Tickets are £15, availabe at www.themeetinghouse.org.uk or by calling 01460 54973.

■ Ferio Saxophone Quartet

Folk festival dates confirmed for next June

DATES have been confirmed for the 2018 Wessex Folk Festival, which will take place around Weymouth Harbour on the first weekend in June (1st to 3rd).

The popular, free event attracts thousands of visitors every year with its vibrant celebration of folk music and dance. Once again there will be two outdoor stages hosting more than 30 music performances, while the streets will be brought to life by a mass of morris dancing sides.

Curtain-raiser sessions in pubs around Weymouth will start the event off on the evening of Friday June 1 with the festival proper running throughout the day on Saturday and Sunday June 2 and 3.

"We had a great festival this year, with large crowds enjoying the music and dance along the harbourside," said Festival Committee Chair, Mike Donovan. "We're already well advanced with our planning for the 2018 festival and are talking to some very exciting acts about appearing."

Musicians interested in playing at the festival still have a few days left to put in an application by visiting the website at www.wessexfolkfestival.com

The website features information about all aspects of the festival, including details of how to apply for a trade stall at the festival and how to become an event volunteer.

■ **Mad Magdalen on stage at the 2017 Wessex Folk Festival** (Picture by Dorsetbays)

Award-winner Christine Tobin to perform *PELT*

IN DECEMBER 2012 Christine Tobin won a BASCA British Composers Award for her spellbinding settings of poems by WB Yeats, 'Sailing to Byzantium'. The award included a PRSF commission to write new music. Tobin's latest album '*PELT*' is the result of this commission. *PELT* is Christine's settings of poems and lyrics by contemporary Pulitzer Prize winning poet, Paul Muldoon.

Although a continuation of Tobin's alchemy with fine words and music and her exploration of the chemistry between the two, *PELT* marks a new direction and a new musical soundscape. *PELT* is both daring and dreamlike, passionate and playful. In a four-star review the Irish Times wrote, "Pelt strikes that most elusive of balances between familiarity and strangeness, by turns recalling Tom Waits, Kate Bush and Joni Mitchell, without being beholden to any particular genre or influence... music that veers from grungy, post-industrial grooves to wispy romanticism to abstracted contemporary classical, all played with punkish attitude."

■ Christine Tobin

Tobin leads her virtuosic musicians across a kaleidoscopic panorama, sometimes as junkyard blues philosopher, or snappy beat seductress, sometimes as a conduit for exquisite zen-like harmonies, or reflective Americana. The result is a rich and engaging collection with Tobin's trademark originality. The seed of the idea for setting Paul Muldoon's poems came when the pair were invited to collaborate and perform a piece at the Kilkenny Arts Festival back in 2011. Christine had long admired Muldoon's work and he was greatly impressed by her settings of WB Yeats. The texts chosen for the PELT collection are a mix of his poems and lyrics.

Christine Tobin performs *PELT* at Bridport Arts Centre on Thursday, January 25th at 7.30pm.

Live Gigs

Saturday 30 December
Crown Inn, Bridport
Jess Upton & The Guilty Pleasures
9.30pm. Free

Sunday 31 December
Crown Inn, Bridport
DJ Wilf
9.30pm. Free

Saturday 6 January
Crown Inn, Bridport
K2 9.30pm. Free

Sunday 7 January
Crown Inn, Bridport
Jamming at the Crown 4pm. Free

Thursday 11 January
Marine Theatre, Lyme Regis
This is the Kit
8pm. £16.

Friday 12 January
Arts Centre, Bridport
The Zoots: Sound of the Sixties
7.30pm. £16

Saturday 13 January
Marine Theatre, Lyme Regis
Jazz Jurassic: Leigh Coleman and Matt Carter Trio
Doors 6.30pm, supper 7-8pm, music 8pm.
£22 including 2 course supper

Crown Inn, Bridport
Jackdaw
9.30pm. Free

Friday 19 January
Corn Exchange, Dorchester
Surfin' Birds: Fuelled by Cider
8pm. £11/£9

Saturday 20 January
Crown Inn, Bridport
Silver Bullet
9.30pm. Free

VIEW2 TRANSMISSION

Your guide to local live music

Acclaimed singer-songwriter Emily Maguire brings new tour to Dorchester

SINGER, songwriter, composer, poet and multi-instrumentalist, Emily Maguire is truly "a talent to be reckoned with" *(RnR Magazine)*, her heartfelt, thought-provoking lyrics, emotive voice and spellbinding live performances winning her fans across the globe. With a remarkable story of recovery to tell, Emily has been interviewed many times on Radio 2 and Radio 4 including 'Midweek' with Libby Purves.

Classically trained as a child on piano, cello, flute and recorder, Emily taught herself guitar aged 21 when she found herself stuck at home with fibromyalgia pain syndrome. "I started writing songs and the illness suddenly became a complete blessing in disguise as I had all this time on my hands to write", she says.

Back on her feet again and fed up with grey skies and concrete, Emily gave up her flat in London for a shack made out of recycled wood, tin and potato sacks on a goat farm in the Australian bush. Together with Aussie bass player and producer Christian Dunham, she financed her first two albums by making and selling goats cheese. "Living in the shack was one of the happiest times of my life. And despite being a terrible cook, I was actually a very good cheesemaker", she says.

Emily and Christian returned from Australia in 2007 to tour with American legend Don McLean, playing all the major UK concert halls including the Royal Albert Hall. Her third album 'Believer', released in 2009, received regular airplay on Radio 2 and won rave reviews in the music press, Maverick Magazine hailing it "a masterpiece". Greenpeace used her song 'Woke Up' for their climate change campaign.

Emily hid her struggles with bipolar disorder until she published her first book 'Start Over Again'. Launched on Radio 2 on World Mental Health Day in 2010, it generated a huge response from listeners moved by Emily's openness and willingness to share her experiences of psychosis and depression.

In 2014 an intensive tour of Germany triggered chronic tennis elbow in Emily's arms, leaving her unable to play her instruments for 18 months. Devastated, she suffered a deep depression that lasted a year. "My fans were a life-saver", she says. "I'd get these amazing messages telling me that there was a point to all this, that my songs were really appreciated and they wanted me to come back".

In 2017, recovered again, Emily released her hauntingly beautiful fifth album 'A Bit Of Blue' (produced by Nigel Butler) to critical acclaim in the music press. She published a collection of poetry, prose and song lyrics called 'Notes From The North Pole', and sang live on Radio 2, talking to Clare Balding about her music, mental health and Buddhist faith.

Together with Christian, Emily has been touring again and entrancing audiences wherever she goes. "I am just so happy to be out there again, performing", she says. "Music to me is all about uplifting, comforting and inspiring the people listening. That's all I want to do".

Emily has done many gigs in mental health hospitals and is a patron of the UK mental health charity Restore. She was invited to perform at the World Congress of Psychiatry in Berlin in 2017 and will be touring Germany as well as the UK in 2018. Just back from recording in Australia for her sixth album, she says, "I can't wait to be touring again. I'm looking forward to playing some of the new songs that will be on my next album". Ticket links and more information can be found at www.emilymaguire.com.

Emily Maguire plays live at Dorchester Corn Exchange on Friday, February 9th.

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Balkan Band Paprika ready to 'spice up' Artsreach programme

Fusing together Eastern European, Balkan, Gypsy and Classical music in a whirlwind performance of frenzied virtuosity, Paprika are highly regarded as the UK's leading Balkan band. This spring these outstanding musicians are heading to Dorset for three electrifying performances through Artsreach, the counties touring arts charity.

Featuring She'Koyok's Zivorad Nikolic on accordion, Vladimir Strkalj on guitar, Marko Tesic on violin and Rastko Rasic on percussion, Paprika intersperse fiery melodies and foot-tapping rhythms with lilting laments in high-energy sets. Artsreach, an organisation committed to bringing professional performances to rural communities in Dorset, are touring this band as part of their brand new Spring Performance Programme, thanks to the support of the Arts Council, County and District Councils and local supporters Blanchards Bailey.

Yvonne Gallimore, Artsreach Co Director, said "Accordionist Zivorad has been to Dorset in several sell out Artsreach tours as part of She'Koyokh, and so we are extremely excited to welcome him back with another acclaimed world music group."

Paprika released their eponymous album in 2011 and have performed all over the world, from New Zealand to Japan, including Womad and Glastonbury festivals and prestigious venues such as the Royal Albert Hall and the Sydney Opera House. Specialising in bringing rare or lost traditional Balkan music back to life, both the curious listener and the well-versed aficionado are sure to enjoy a host of surprises and fast-paced evening of outstanding live entertainment. See Paprika at Powerstock (01308 485287) on Friday, January 19th, Langton Matravers (01929 423834) on Saturday, January 20th, or Tarrant Gunville (01258 830361) on Sunday, January 21st. Full details and tickets also available from Artsreach.co.uk

■ Paprika

Diary Dates

To advertise your free diary date email diary@viewnews.co.uk.

Deadline Monday 4pm.

UNTIL TUESDAY JAN 2ND

LYME REGIS: The seventh annual pop-up Vintage store will be selling all kinds of vintage, retro and crafted items for that perfect unusual Christmas gift. Books, clothes, toys, accessories, needlework supplies, home-wares and much much more are available at attractive prices. open daily 10.30-4.30. Free admission. The Courtyard Gallery, The Town Mill, Mill Lane, Lyme regis DT7 3PU

LYME REGIS: Unwrapped is a holiday show of inspiring handmade arts and crafts made in the southwest and ideal for Christmas presents. open daily 10.30-4.30. Free admission. The Malthouse Gallery, The Town Mill, Mill Lane, Lyme Regis DT7 3PU

THURSDAY JANUARY 4TH

BRIDPORT: Come and join our Community Coffee morning in St. Swithun's Church Hall, Allington DT6 5DX, where fresh coffee and homemade cakes are served free of charge. Make some new friends and enjoy yourself. The event takes place on the first Thursday of every month between 10.45am & 11.45am

DORCHESTER: West Dorset Health Service retirement Fellowship meeting at 2pm in the Boys Brigade Hall, Sawmills Lane, DT1 2rZ when Lucy Hooper will give a talk on The Dogs' Trust.

SATURDAY JANUARY 6TH

BRIDPORT: Celebrate Twelfth night with music by Tinker's Cuss Band and other local entertainment, at Bridport Town Hall, 7pm for 7.30pm. Tickets £7 (members £6), to include seasonal food and drink. There will also be a ra le, with proceeds to Bridport Millennium Green. To book your ticket call 01308 425037 or 01308 423078.

BRIDPORT: Bridport Ceilidhs opens its 2018 series of dances with a band new to Bridport, "oxford nags", teamed with caller Gill Spence. expect a great evening of dance music as with any band containing Gareth Kiddier of english Contra Dance Band. 7.30 - 11.00pm in Church House (St Mary's) Hall, South Street; Bring & Share (finger food) supper and your own tipple. no partner is needed and all are welcome regardless of experience - all dances will be talked and walked through and called throughout. entry £9 on the door, £8 if bought in advance from The Music Shop or online. Alternatively phone Monty on 01308 423 442 or email - see www.bridport-ceilidhs.wordpress.com for more information.

MONDAY JANUARY 8TH

BEAMINSTER: Film: 'Dunkirk' at Beaminster public Hall. Doors 7pm, film 7.30pm. Tickets at yarn Barton 01308 862715 (weekdays 9.30-12.30 and Saturdays 9.30-1pm) or call 01308 861746. £5 in advance, or £5.50 on the door.

BURTON BRADSTOCK: Biodanza at Othona. Express, connect, relax! At Othona Community, Coast road. 7.15pm for 7.30pm. £10 per person. For more details call 01308 897130 or visit www.biodanza-bridport.co.uk

BRIDPORT: Bridport Folk Dance Club re-opens after the festive break at 7.30 - 9.30pm in the WI Hall, north Street, for its weekly dose of dancing in a variety of genre as selected by the club caller - whether the more elegant playford through to more recent dance compositions and American styles. no partner is needed and all are welcome regardless of experience - all dances will be talked and walked through and called throughout. entry £3 for members (membership £3 per year) or £4 for visitors. Also on 15th and 22nd, plus 29th with live music and guest caller. Call Monty on 01308 423 442 for more information.

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 10TH

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

FRIDAY JANUARY 12TH

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

MONDAY JANUARY 15TH

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 17TH

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

THURSDAY JANUARY 18TH

BRIDPORT: Bridport & District Gardening Club talk. A speaker from Groves nursery will give a Gardener's Question & Answer session. 7.30pm at Womens Institute Hall, North Street.

FRIDAY JANUARY 19TH

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

MONDAY JANUARY 22ND

BURTON BRADSTOCK: Biodanza at Othona. express, connect, relax! At othona Community, Coast road. 7.15pm for 7.30pm. £10 per person. For more details call 01308 897130 or visit www.biodanza-bridport.co.uk

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

TUESDAY JANUARY 23RD

WEYMOUTH: Weymouth and portland Holzwickede Twinning Society AGM at the Council o ices Commercial road, 7pm. Any nominees for the Committee should be notified to fred.flack@btinternet.com by the 9th January 2018.

WEDNESDAY JANUARY 24TH

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on01308 281882.

FRIDAY JANUARY 26TH

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

SATURDAY JANUARY 27TH

BRIDPORT: New Elizabethan Singers concert at St Swithun's Church, when they will singer 'Seven Last Words From the ross' by paul Carr, 'Magnificat' by Vivaldi, and 'Totus Tuus' by Henryk Górecki. From 7pm.

WEYMOUTH: South Dorset Caledonian Society will be holding its 80th Anniversary Burns Dinner Dance at the Rembrandt Hotel Weymouth, 7pm to Midnight. Tickets for this black tie (kilts optional) event are £30 each. All net proceeds will be going to Julia's House Children's Hospice. For further details, e-mail: sdcssec@gmail.com, quoting 'BURNS18' on subject heading.

MONDAY JANUARY 29TH

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 31ST

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on01308 281882.

THURSDAY FEBRUARY 1ST

BRIDPORT: Come and join our Community Coffee morning in St. Swithun's Church Hall,

6Music favourites This Is The Kit head to Lyme

THIS Is The Kit will play the Marine Theatre as the first date of an international tour. The playful indie folk band led by Paris-based songwriter Kate Stables (pictured inset) - has earned the adoration of peers including Guy Garvey, The National and Sharon van Etten. In the last year This is the Kit have performed live in session on BBC 6music and at festivals including Glastonbury.

The new album is on Rough Trade records, home to The Strokes and Jarvis Cocker; 'Moonshine Freeze' is undoubtedly their best to date, and is produced by John Parish (PJ Harvey, M Ward).

Moonshine Freeze is a beguiling mixture of musical sophistication and something more guileless - children's games, incantations and snatches of nursery rhymes.

This Is The Kit play at the Marine Theatre on Thursday, January 11th at 8pm. Tickets are £16, available to book at onine at www.marintheatre.com or by calling the box office on 01297 442138.

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Faster gearshifts, more fun: Double clutch transmission in the MINI

AS A brand well known for it's sporty character, MINI is set to further enhance it's reputation with the introduction of a new transmission to the range. Extremely fast gear changes, a high degree of shift comfort and optimised efficiency – just some of the benefits of the new 7-speed Steptronic automatic double clutch transmission available for the MINI 3-Door Hatch, MINI 5-Door Hatch and the MINI Convertible. Customers can now order this new transmission in conjunction with selected engine varients as an alternative to the standard 6-speed manual transmission.

The double clutch transmission is operated by a newly designed electronic selector lever. Further enhancing the premium charchtaer of the vehicle, the new selector lever always returns to its original position after changing between driving mode D, neutral position N and reverse mode. The parking lock is activated by pressing the P button. S mode can be activated by shifting the selector lever to the left from position D, allowing the driver manual intervention. The electronic controller paired with the new double clutch transmission includes a shift strategy based on navigation data and supports both the engine start/stop function as well as coasting in order to reduce fuel consumption and emissions.

Design principles

The design principle of the double clutch transmission has been adapted directly from motor racing. Just like on the race track, it allows MINI drivers to accelerate by enabling upward gearshifts without torque interruption. The driver can keep the accelerator pedel pressed down while the transmission control sets the shift points precisely - within just a fraction of a second the ideal engine speed is always available after the gearshift to ensure a continuous increase in speed.

This is possible due to the specific structure of the double clutch transmission. It combines two partial transmissions in a single housing. The core element of the system consists of two oil-cooled wet clutches: one of these is responsible for the even transmission ratios (2, 4, 6) while the other is for the uneven ratios (1, 3, 5, 7) and reverse. During travel, one of the two clutches is open and the other is closed. They interact when the driver shifts up or down: opening one clutch activates closure of the second at the same time.

Transmission control

In order to have the appropriate gear ready for the next shift, the electronic control system of the new double clutch transmission permanently analyses the driver's intentions and the situation on the road. This analysis incorporates numerous data points, including the accelerator position, engine speed, road speed and MINI driving mode. As a result, fast gearshifts can be made to respond appropriately to sudden changes. If acceleration has to be unexpectedly interrupted, for instance, the double clutch transmission takes no more than a fraction of second to make the next gear down available instead of the next gear up.

The parallel opening and closing of the clutches makes acceleration and deceleration manoeuvres not just faster but also smoother. Acoustically, the gearshifts can only be perceived in the fast succession of rev changes. There are no load change reactions as are common with manual transmissions.

Enhanced performance

The increase in drive positions compared with the 6-speed manual transmission benefits both performance and comfort. The seven gear double clutch transmission enables a broader spread of gears, thereby reducing the differences in engine speed between the various drive positions. Together with the direct engine link that is characteristic of the double clutch transmission, the reduced rev jumps intensify driving fun when accelerating. This applies to automatic shifts in D and S modes as well as to manual interventions in the selection of drive positions in M mode. In S mode the gearshifts occur at increased engine speeds and with further increased shift dynamics. In S mode, the driver can also spontaneously switch to manual shifting. Here, manual gear selection is sequential. The selector lever is briefly moved forward to shift down and raised slightly in order to move up to the next higher gear.

In automatic mode, the system can be enhanced by linking the transmission control to the optional MINI Navigation System. The double clutch transmission control unit is then able to draw on navigation data to adapt its shift strategy to the road ahead. When approaching a sharp bend or junction, for example, a downshift is made early in order to make use of the engine braking effect for deceleration purposes. When passing through two bends in quick succession, the drive position engaged after downshifting is maintained in order to avoid any unnecessary shifting and ensure the ideal gear is available for powerful acceleration on exiting the bend.

Like a conventional converter system, the double clutch transmission also offers a crawl function that enables smooth set-off without needing the drivier to touch the accelerator pedal, thereby increasing comfort when manoeuvring or in slow moving or queuing traffic. The dual-mass flywheel with integrated centrifugal pendulum develops its positive effect when driving at low revs: it balances out rotational unevenness in the event of a sudden torque request, thereby promoting vibrational and acoustic comfort when accelerating out of the low engine speed range.

Optimised efficiency

The 7-speed double clutch transmission electronic control system offers a wide range of progressive functions to increase the efficiency of the MINI. In order to avoid unnecessary consumption of fuel when stationary, the double clutch transmission also allows use of the engine start/stop function.

In addition, the coasting function is available in both the MID and GREEN driving modes. Here the drivetrain is decoupled as soon as the driver removes their foot from the accelerator pedal. This allows the MINI to roll along at idling speed – free of any engine braking effect, minimising fuel consumption. The coasting function can be adapted more precisely to the driving situation if the vehicle is fitted with the MINI Navigation System or Driver Assistance Systems. If there is a need to apply the brakes based on navigation data or camera images, for example, because the MINI is approaching a junction or another road user ahead, the coasting function is suppressed to make use of the engine braking effect.

■ Double clutch transmission in the MINI

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All-new Nissan Micra's 1.0-litre engine offers outstanding urban performance

THE entry level 1.0-litre version of the all-new Nissan Micra is playing a key role in the hatchback's sales success.

Customers are clearly impressed with its perfect balance of urban performance and low running costs.

The highly efficient 71PS three-cylinder unit has accounted for 20% of orders across Europe since it went on sale earlier this year. However, that figure is forecast to rise even higher, to 23% by next March – the end of FY17.

With approximately 46,000 new Micra sold, it means close to 10,000 customers are already enjoying the 1.0 engine's frugal performance.

Naturally aspirated, the engine is linked to a five-speed manual transmission. This powertrain results in official Combined Cycle fuel economy of 4.6 litres/100km and CO_2 emissions of 103g/km when running on 15 or 16-inch wheels.

The 1.0-litre 71PS is one of three refined engines which available on the all-new Micra. The others are a 0.9-litre 90PS three-cylinder turbo petrol and the 1.5-litre 90PS four-cylinder diesel.

Offering a 71PS engine makes the Micra more accessible than ever before. It extends Nissan's coverage within the European B-hatchback segment to 65% of all vehicles sold.

With more than half of all European B-hatchback vehicles sold in the 61-100PS category, the Micra is perfectly positioned to meet the needs of small car consumers.

The 1.0-litre 71PS engine is available on three grades, from entry level Visia to mid-range Acenta.

The new Nissan Micra is quite simply a revolution. It is a radical progression from the model it has replaced, and from the trio of highly successful superminis which date back to the Micra's debut in Europe in 1983.

Longer, wider and lower than ever before, the all-new Micra has been conceived, designed and engineered with European B-hatchback consumers' requirements at the top of the agenda.

And those who have already bought one are thrilled with it. Scores and comments posted via independent reviews organisation Reevoo have revealed an impressive average of 8.8 out of 10. A third of reviewers have awarded their Micra top marks – 10 out of 10.

Key to the all-new Micra's appeal is the car's athletic and expressive exterior design, which moves the Micra name plate in a daring new direction. The contemporary look and premium feel continues inside, with a high-quality cabin that boasts two-tone soft-touch materials as standard across the range.

With a wheelbase that's 75mm longer than its predecessor, it features segment-leading interior space for front seat occupants.

The all-new Micra is also a technology leader, with a number of features which are not only new to the Micra but new to the segment. These include Intelligent Lane Intervention, a safety system which gently corrects the Micra back on to the right path should it be required. These advanced driver assistance technologies help the Micra to a four-star Euro NCAP rating (five stars in the UK).

Also unique to Micra is the BOSE Personal audio system, which features speakers built into the driver's head rest for an immersive 360° sound experience. The new Micra is available with a wide range of personalisation options, allowing owners to modify the exterior and interior with premium components in a variety of stylish and contemporary colours.

The new Micra is also a fantastic car to drive, with a dynamic performance that is the perfect balance between agility, excitement and the secure feeling that comes with confident and predictable handling.

■ All-new Nissan Micra

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Cribbage

LYME REGIS
RESULTS; Talbot Arms 2 Ship Inn LR 3, Lamb Swans 3 Nags Head 2, New Inn Kilm B 3 Colyton Club 2, Ax Con Club 2 Dolphin 3.

Beer League: Talbot Arms 2 Ship Inn LR 1, Lamb Swans 2 Nags Head 1, New Inn Kilm B 1 Colyton Club 2, Ax Con Club 2 Dolphin 1.

League Table - wk 15	Pld	Pts
Nags Head	13	37
Gerrard Arms	12	34
Colyton Club	13	34
New Inn Kilm A	12	33
Ship LR	12	33
Lamb Swans	13	33
Dolphin Beer	13	32
Axminster Con Club	14	31
Talbot Arms	12	28
Stepps	12	25
New Inn Kilm B	12	25

Beer Lge	Pld	Pts
Axminster Con Club	14	24
Colyton Club	13	22
Gerrard Arms	12	21
Lamb Swans	13	20
New Inn Kilm A	12	19
Ship Inn LR	12	19
New Inn Kilm B	12	19
Dolphin Beer	13	17
Talbot Arms	12	16
Stepps	12	15
Nags Head	13	15

Dorch Snooker

Express top at New Year

Dorchester & Dist
LATEST results; WDC Team Shaky 0 Colliton Hopefuls 6, Trinity M 6 Trinity Express 2, Purbeck Potters 5 WDC Whipping Boys 2.

Top breaks: None.
Top break of the season: Evan Wellman (WD Club A) 54.

Rearranged league matches; WDC YYMFDT v Trinity M Thursday (January 11th), West Dorset Club A v Trinity M Thursday (January 25th), West Dorset Club A v Purbeck Potters Monday (March 5th).

Team Open KO Cup
WDC Team Shaky 4 Trinity Express 3, WDC YYMFDT 2 Trinity M 4, Colliton Hopefuls 1 West Dorset Club A 4, Purbeck Potters 4 WDC Whipping Boys 0 (w/o).

SF draw; Trinity M v West Dorset Club A (February 21st at Colliton Club), Purbeck Potters v WDC Team Shaky (February 22nd at Colliton Club).

Table week 9	Pld	Pts
Trinity Express	8	33
Colliton Hopefuls	8	33
Trinity M	6	30
WDC Team Shaky	8	28
Colliton XQ2017	8	27
Purbeck Potters	7	25
WDC YYMFCDT	6	23
West Dorset Club A	5	22
WDC Whipping Boys	8	13

Football - PSDL Division One cup final preview

Hounds hungry for third ko cup

Farway United v Waytown Hounds

Perry Street & District League Division One Cup Final
(Saturday, December 30th 1.30pm ko at Kingsbury Episcopi FC)

THERE is sure to be a new name on the 63-year-old Division One cup.

Netherbury-based Waytown Hounds are one of the Perry Street League's newer teams having been formed in 2008. Since then the club has made steady progress up through the divisions and are now in their third season in Division One.

Along the way The Hounds have featured in seven cup finals winning twice; the now defunct Luso-Chard were beaten 4-2 in the John Fowler Cup in 2012 and Chard United Reserves 2-0 in Reg Eglon competition a year earlier.

Joe Carter, in his second season in charge, having succeeded club legend Mark Hughes as manager, has piloted his side to fifth spot in the table boosted by skipper Jon Legg's 16 goals in 11 matches.

Farway United's history is longer and subsequently more varied. Formed in 1935, the pinacle of their success in the PSDL came in the form of a Premier Division runners-up spot behind champions Lyme Regis in 2004-05.

The previous season the team reached the Devon Intermediate Cup final for the first, and currently only, time in their history where they were well beaten 6-0 by the Plymouth-based Kevin Purdy Roofing team.

Recent years haven't so kind to the Eastlee Park club as their first team suffered two relegations in the three seasons.

But long serving manager Andy Baily has returned to the helm and the club is clearly on the up.

Promotion from Division Two and triumphs in both the Tommy Tabberer and Kenny Hodges cup finals last season clearly show Baily's boys don't freeze on the big occasion – this could be the deciding factor.

This season Farway have held the upper hand in matches between the two clubs with a 2-2 draw at Netherbury and Ben Fullick scoring four in a 4-2 home win.

The East Devon club will hold a mark of respect before the game for Jon Lee who died recently at the age of 75.

"Jon was 'Mr Farway' in the 70s/80s. He was the one who got a gang together to dif our current pitch out of the bank with limited tools.

"We may never have had our Eastlee Park home if not for him," said Farway chairman Steve Loud.

Postcode for the Kingsbury ground is TA12 6BB.

Cricket

Testimonial year ahead for popular Tresco

SOMERSET County Cricket Club have announced that Marcus Trescothick has been awarded a Testimonial Year in 2018.

Marcus first played for Somerset in 1993 and has since gone on to make over 800 appearances scoring over 28,000 runs across all three formats of the game.

A former Somerset captain, he has scored more centuries and taken more catches for the Club than any other player.

In 2005 he was named as a Wisden Cricketer of the Year after playing a vital role as England finally reclaimed the Ashes.

Trescothick, who turns 42 on Christmas Day, made his England debut in 2000 and featured in 76 Tests, 123 ODIs and three IT20s.

He holds the record for the most ODI centuries of any English player, and for the fastest half-century in English Twenty20 cricket and is also a three-time winner of the PCA Player of the Year award.

Following the announcement he said: "I feel extremely honoured to have been granted a Testimonial in 2018. This Club is unique and it has been an absolute privilege to play here for over 25 years.

"I consider myself to be extremely fortunate to have had such a long career and I still have the same enthusiasm for the game."

Somerset CEO Lee Cooper said: "When you think of Somerset County Cricket Club you think of Marcus Trescothick. He embodies everything that is good about this Club. His passion for the game is second to none and the manner in which he conducts himself both on and off the field is exemplary.

"I have no doubt that our Members and supporters will get behind Marcus and his Testimonial Committee."

■ **HISTORY MAKER:** Marcus Trescothick

■ **HELPING, AND HUMBLED:** The Weymouth first team players and staff made a visit to a Weymouth Food Bank, operating out of Weymouth Baptist Church on the Esplanade. The players and Mark Molesley met Brenda Woodsford, a volunteer at the food bank, who then showed the team around the food stores and explained how the food bank works. The players presented food collected from all of the playing squad and staff. Manager, Mark Molesley was humbled when visiting the food bank, 'Meeting Brenda and hearing about the work that's being done at the food bank has been a great experience for myself and the players. We wanted to support a local charity and although Christmas is a great family occasion, it can also be very tough for some people. We were all pretty humbled to hear some of Brenda's stories and to see the wonderful work being done for ourselves". *Photo from WFC*

Darts

BRIDPORT

Division One	Pld	Pts
Rob's Robbers	11	21
Hands of Time	11	19
BSC	10	14
Nomads	11	14
Well Hung Clocks	10	13
Nags Head A	11	10
Respect-de-Bull	11	10
4 Drunks & A Driver	11	9
Five Sticky Fingers	11	8
One for the Vikings	11	7
Young Darters	11	5
Les Miserables	11	0

180s; L.Cox, S.Alner, R.Cross A.Parker & S.Harvey all x4, M.Barnett, M.Savage, T.Prowse, G.Knight & J.Vickery all x3, 11 players x2.

Division Two	Pld	Pts
Elders	11	22
Rubber Johns	11	20
Odds or Us	11	17
Poachers	11	11
Mis Fits	11	11
No Direction	11	10
Dart Vaders	10	10
The Surgeons	11	7
Otter Rotters	10	7
Anchor Five	11	7
Wicked TN	11	5
No Chance	11	3

180s; C.Higgs 4, F.Jones 3, D.Sorrell 2, P.Moye, S.Adams, T.Bond, T.Young R.Moye, & T.Symonds all x1.

Division Three	Pld	Pts
Anchor Vale View'	10	17
Stumpies Stallions	10	14
Time Bombs	10	14
Whamo	10	12
Dat Team	10	11
Midnight Runners	9	9
The Shoplifters	9	8
On me Tab	9	7
Dodgers	10	5
Odds & Sods	9	5
Ben's Followers	9	3

180s; P.Gumbrill, M.Brock, C.Eaton & T.Stickley all x 1.

Ladies Div One	Pld	Pts
Anchor Aces	11	21
Arrows Awry	11	19
Queens Bees	11	19
Castaways	11	15
Queenies OTC	11	14
Sue's Rebels	11	11
Against the Odds	11	10
Lil's Hopefuls	11	8
Diamonds ITR	10	8
Charlie's Angels	10	6
Good Mates	12	4
Tiger Stripes	10	3
Double Trouble	10	2

Most wins; Five players all x10.

Skittles

BRIDPORT
CUP fixtures for week beginning Monday, January 8th
Mixed Pairs (R2)
Tuesday, Jan 9th
Bradpole Club - E & M Hooper; M & N Powell; E & N Tuck; M Hansford & M Horton; H & A Paulley; J & B Cook; S Gale & N Broad; J Symes & N Paulley.

Wednesday, Jan 10th
Bridport FC - C Huxter & M Huxter; K & L Groves; S & T Luter; N Gurd & M Howells; C Hopkins & C Lambert; M Gudge & S Newman; S & H Yeatman; J Brooks & G Brooks.

LYME REGIS FC
WELLINGTON RES
D&E DIVISION 1
Saturday, January 6th
2.15pm kick off at
The Davey Fort
Followed by the live BT sport match
LYME REGIS AFC The Seasiders 1885

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INSIDE: Festive sport round-up

■ **FIRST PLACE:** Woodroffe School runner Alice Clarke recently led home hte year 7 girls in the final race of teh South West Dorset cross country League at Colfox Academy, Bridport. Alos pictured; Robin Goodfellow (left, from sposors CHG South West) and Mike Hoffman (Colfox Deputy Headmaster).

Local swimmers in good form

THERE were local members in the Chard & District Swimming Club team which took part in Round One of the National Swimming Arena League at **Bristol Horfield** Pool recently. The team swam in 50 events including individual and relays races finishing in top three positions in 20 races and ending up in fourth place overall.

Swimmers: Millie Downes, Abi Greenslade, Ben Greenslade, Esme Huntley, Mia Huntley, Alice Clark, Phoebe Clark, Catherine Webb, Ben Webb, Kaitlyn Flannigan, Henry Birchall, Harry Byrnes, Harrison Larcombe, Grace Lambert, Mia Porter, Freddie Coles, Louis Whittome, Megan Herbert, Xanthe Dyer, Joss Copeman, Ollie Bright, Louis Rood, Hannah Pullinger, Jamie Pullinger, Simon Davis, Iain Ross, Briana Barrand, Edward Sims, Oliver Collins, Harry Byrnes, Malcolm Greenslade.

Judges Richard Flannigan, Gordon Davis and Ian Copeman.

If you are aged six plus and can confidently swim one length front crawl, have reasonable skills in two other strokes and are interested in competitive swimming please visit www.chardswimmingclub.org.uk for more information. Sessions are held at Flamingo Pool (Axminster).

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